VOLUME 23, ISSUE 5, TUESDAY, JULY 4, 2023
ASHAR 20, 1430 BS

Star LIFE Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A pu[illegible]on of The Daily Star

BORN to stand out

GARDENING ESSENTIALS P4
FIRST STEPS TO GARDENING
ALWAYS CLASSY P5 & C
SUMMER TIME FASHION PORTFOLIO
GIVING MEAT A BREAK P9-10
DELICIOUS ALTERNATIVES TO MEAT DISHES

PHOTO: SAZZAD IBNE SAYED
MODEL: RUNA KHAN
STYLING: SONIA YEASMIN ISHA
MUA: PROBINA, ONNA
WARDROBE: MUKTA BY FARIA MEHMOOD
LOCATION: DURJOY BANGLADESH FOUNDATION
SPECIAL THANKS TO DURJOY RAHMAN

#GUIDES

The science of happiness: Unlocking the secrets to a fulfilling life

Happiness is a lifelong quest. It is a state of mind, a state of satisfaction and contentment and it is subjective. While it is impossible to be happy at all times, a combination of intentional practice and mindful habits can steer people in the direction of long-term satisfaction and happiness. So, below, we list some steps to be taken for a happier life.

Eat a healthy diet

Our body and mind are intricately intertwined. So, taking care of our physical health can boost our moods and take us a long way on the road to happiness.

Prioritising a balanced, nutrition-dense diet consisting of all macro and micronutrients, can greatly lift moods and raise the bar of happiness. Junk food and sugar-laced food release the feel-good hormone serotonin. This burst of serotonin is temporary and you will feel let down quickly once it wears off.

Instead, opt for foods with complex carbohydrates, dietary fibre, and protein. Protein releases dopamine and norepinephrine, which boost energy and concentration. Complex carbohydrates will slowly release glucose in the bloodstream, making you feel fuller for a longer time. Dietary fibre will support the health of the gut microbiome which produces 80 per cent of the body's serotonin.

Get plenty of sleep

Modern society vastly underestimates the importance of sleep. As adults, getting 7-8 hours of uninterrupted sleep is key to feeling well and energised. A study by the BPS Reader's Digest concluded that a dearth of sleep increases our sensitivity towards negative emotions.

To improve the quality of sleep, invest in good quality mattresses, comfortable pillows and sheets, block out light sources at night, avoid having a TV in the bedroom, and refrain from using gadgets before sleeping. Reserve the hour before

sleeping for a quiet time such as reading or meditation. Go to bed and wake up at the same time every day including weekends, and keep your bedroom dark, cool, and quiet.

Exercise

Exercise has profound effects on our mental health. It is an effective strategy for overcoming depression. Exercise can help you relax, increase your brainpower, and release endorphins. Even a small amount of physical activity performed consistently can improve the quality of life.

Exercise can range from walking, yoga, light stretching, and jogging, to gyms. Be careful not to start with a strenuous routine as it can demotivate you and throw you off the good habit.

Avoid comparing yourself with others

Comparison is the thief of joy. All of us have varying life trajectories and unique journeys. So, it is very important to stop comparing ourselves to others and their lives. Comparison will only lead to higher stress, anxiety, unnecessary worrying about things, not in our control, obsessive thinking and a general let-down of our mood.

One step to take to reduce this tendency of comparison is to unfollow any kind of content that generates discomfort and a sense of inferiority complex in you. There is absolutely no need to hate watch or consume content with feelings of despair and negative attitudes. By clicking that unfollow/hide button, you will save yourself mentally and make mundane tasks like scrolling apps more intentional.

Count your blessings

Having gratitude is key to bringing long-term happiness. Start your day by being grateful for one good thing in life. Try to appreciate the good things that happen every day, whether it is small or big or lacks salience. Keep a gratitude journal where you can list three things you were grateful

for at the end of each day. Such practices serve as gentle reminders to your psyche that life is not as bad as it might feel on some days.

Practice being present and mindfulness

Being stuck in the past and worrying about the future can often lead us to forget about the present. It is significant that we concentrate on the present. Breathing exercises and meditation can centre and ground you. Avoid the myth of multitasking. The latest neuroscientific research has proven that our minds cannot do more than one thing at a time. What we recognise as multitasking is just jumping between tasks, making us less effective at all of them. So, centre all your attention on the one task at hand at a time.

Invest in your relationships

As social beings, it should come as no surprise that social relationships and companionships bring people the most joy and pleasure in life. Be present in your relationships and value the people in your lives by acknowledging and praising their impact on you. Spend quality time with your loved ones. Do not be afraid to make new friends and acquaintances, and join clubs, groups and volunteer organisations to connect with like-minded people.

Be generous

It may sound counterintuitive but helping others to be happy is a source of personal happiness. By giving others time, effort and money, we can build communities. Acts of kindness have ripple effects. These services do not have to be grand; they can be as simple as holding the door for a stranger, smiling when speaking to people, genuinely complimenting someone and many more. Practice being happy for others and celebrating the success of others. Try being a good listener.

Other habits

Among the many habits having the power to improve your happiness, some include decluttering and getting rid of things you do not need, setting boundaries in relationships, being optimistic, practising time management, managing stress, working towards work-life balance, spending time outside, preferably in verdant nature, being forgiving and empathetic, ditching and unplugging from smartphones and social media, exploring new hobbies and interests without the pressure to perform well in them, etc.

All of these habits can be incorporated into your lifestyle today, but be careful not to start everything at once. Start slow, with simpler habits but remain consistent with them all.

By Maliha Arosha Hasan
Photo: Collected

#GUIDES

Overcoming the habit of procrastination and getting things done

Ah, procrastination! We have all been guilty of it at some point in our lives. Some have been able to escape the vicious cycle while others are… going to get to it later! This article will aim to arm you with knowledge and motivation for beating procrastination with some useful tips.

Hopefully, you are not procrastinating reading this right now though!

Picture this: You have had a good night's sleep. You ate breakfast after ages and your mind has cleared all the clutter from the previous day. You are about to embark on a journey to accomplish all your daily goals when suddenly, your brain just hits the snooze button and distracts you with tiny, trivial, and harmless little things. How bad can it actually be? Well, you realise that tiny deviation in your plans was hours ago and now you have just wasted your day away.

The reason why this happens in our minds is that our brains are wired to seek instant enjoyment and fulfilment. We are very susceptible to distractions such as social media, cute pet videos, photo albums from the past; anything that gives us immediate satisfaction. Our brain essentially nudges us to seek out instant gratification and then keeps us stuck there, continuing to feel that familiar satisfying feeling for long periods of time.

There are countless ways to start your rehabilitation journey towards being proactive and here are some of our best recommendations:

Divide and conquer

Working on large goals or projects seems very daunting at first, but they become effortless when you gradually break them down into smaller tasks. Make a to-do list of all your tasks. This will help you focus on one task at a time which, in return, will get you to accomplish it much faster. It is important to take some time to celebrate after completing your tasks so you do not get the feeling of being burned out. Remember, Rome was not built in a day, but it was certainly built one task at a time.

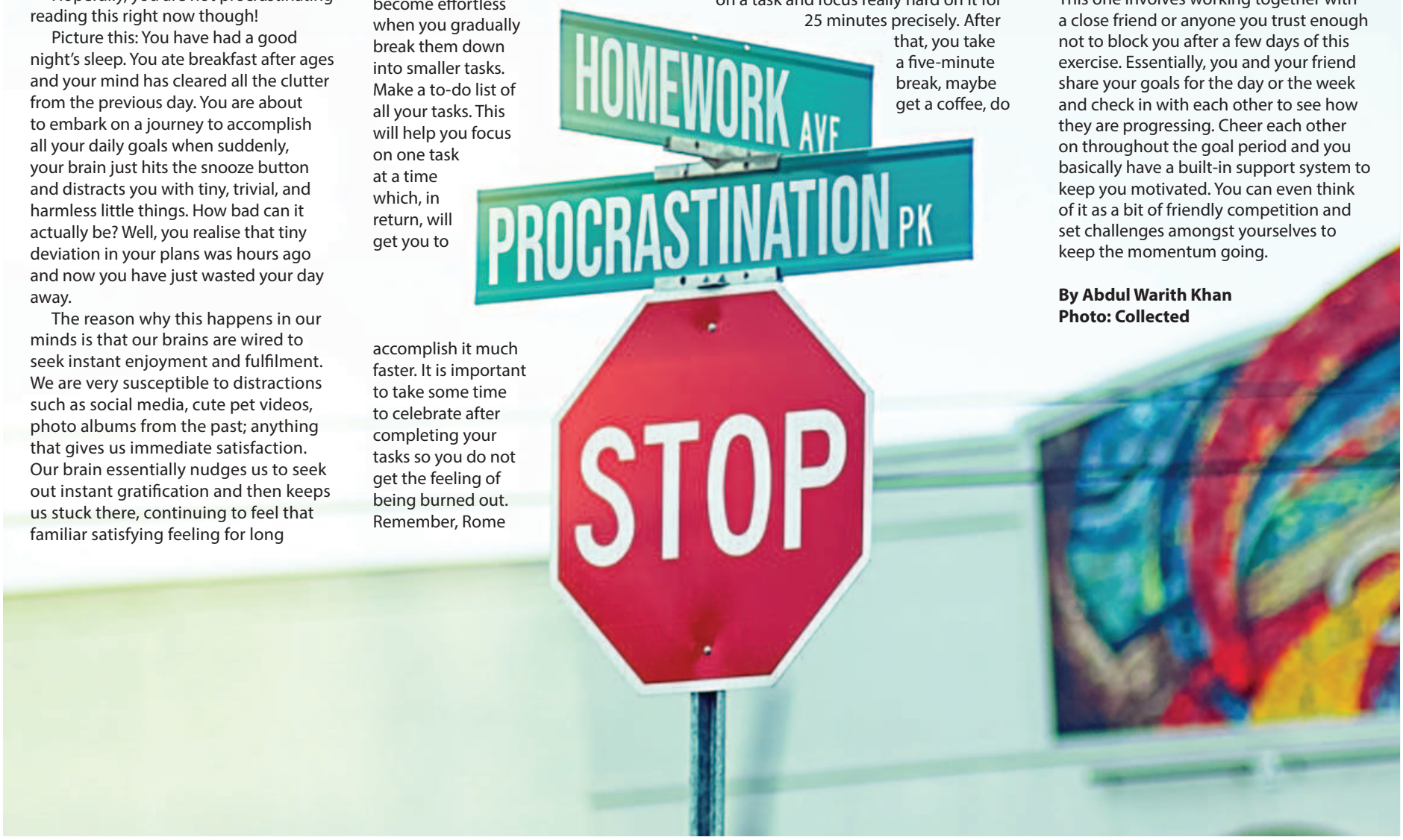
The Pomodoro technique

Pomodoro is a well-known time management hack created by Francesco Cirillo, a developer and entrepreneur in the late 1980s. The process goes something like this: You start working on a task and focus really hard on it for 25 minutes precisely. After that, you take a five-minute break, maybe get a coffee, do some stretches or go for a walk. After the brief break, you continue working for another 25 minutes, after which, you take another five-minute break. Every four intervals or four pomodoros, you increase the duration of your breaks by 5 more minutes each time.

Support Circle

This one involves working together with a close friend or anyone you trust enough not to block you after a few days of this exercise. Essentially, you and your friend share your goals for the day or the week and check in with each other to see how they are progressing. Cheer each other on throughout the goal period and you basically have a built-in support system to keep you motivated. You can even think of it as a bit of friendly competition and set challenges amongst yourselves to keep the momentum going.

By Abdul Warith Khan
Photo: Collected



#GUIDES

How to start a rooftop flower garden during monsoon

The rainy season comes bearing many gifts. It saves us from the scorching heat that summer brings and provides a rejuvenating atmosphere for all living things on Earth. It truly is a perfect time to start a delightful adventure of a flower garden up on the rooftop. Urban cities do not have the luxury of an expansive garden but this article will give you some tips on how to make the best space on your rooftops for a truly unique flower garden lush with life and vibrant with colours.

The right spot

Starting, you will need a good space for your canvas of flower plants. Finding the right spot should take into account sunlight and proper drainage. Make sure the space has ample sunlight ideally for a few hours. This is crucial, especially during the first seedling phase. Another aspect is to make sure the flower plants are close to the drain so the excess water has somewhere to flow and does not waterlog your plants. If there are no natural ways for drainage, then consider a raised flower bed which will help immensely with this problem.

Flower choices

Picture this: Every time you walk onto your rooftop, you are greeted with a burst of vibrant colours from the variety of flowers that you have carefully cultivated. The sweet aroma fills the air as you walk amongst the beautiful flowers and the monsoon mood just makes that much better! Given that it can rain quite frequently and with great force, opt for resilient varieties like marigold, hibiscus, jasmine, and zinnia. Not only are these flowers gorgeous to look at, but they can also withstand the occasional heavy rainfall.

Soil and containers

Now that you have your flower ensemble ready, it is time to select their homes. As it is monsoon season, it is important to have containers with proper drainage holes so that excess water can drain properly. This is important for the roots as air is also important besides water and sunlight. Fill your pots with loamy soil enriched with organic fertilisers. This magical concoction will provide your flowers with the much-needed nutrients so they can thrive. Happy roots lead to happy blooms.

Monsoon-proof care

You may think that as it is raining almost all the time, you can let mother nature do all the work. That really is not the case and a little tender loving care goes a long way in terms of flower health. Water your plants consistently to ensure proper growth and root health. Keep an eye out for any pests or diseases that might arise from the moist environment. It is good to regularly inspect your plant and maybe even use some organic pest control measures to keep your plants protected. Remove any dead flowers as that usually hinders continuous blooming.

Mulching madness

Mulching is an important process of covering the surrounding soil in your pots with some material for a variety of purposes. It is generally done to help retain the moisture in the soil and to prevent weed growth. It also has a decorative element to it depending on the type of mulch you use in your garden.

You can use shredded leaves, shredded barks, grass clippings, coconut husks, and hay. There are non-biodegradable ones that you can use like plastic and rubber coverings but it's advised to stick to natural materials so that they can be part of the ecosystem and you will not have to be replacing them constantly.

Rainwater efficiency

During monsoon season, mother nature generously gifts us with an abundance of rainwater. It is a splendid idea to collect this water in barrels and containers, using it for watering your plants later. Rainwater is a great mixture of many nutrients and minerals that our tap water usually lacks. Plus, you are conserving a good amount of water by doing this thus reducing your ecological footprint.

Be the artist

After all that is said and done, your garden is not just a collection of flowers but a canvas waiting for you to flex your creative muscles on. You can experiment with a variety of heights and arrangements for your botanical beauties that please your eyes. Try adding some decorative elements like colourful pots, hanging baskets, or trellises to create a captivating tapestry. Let your garden become a part of who you are and watch it bloom into an oasis of happiness and serenity.

By Abdul Warith Khan
Photo: LS Archive/Sazzad Ibne Sayed

#FASHION & BEAUTY

Celebrating the Elegance of Women

In a world where everything is not as they appear and easily replaceable, a graceful woman is as genuine and irreplaceable as time itself and serves as a reminder of the power of subtlety and allure. What sets these women apart is their ability to captivate without revealing everything. They possess an air of secrecy that leaves us yearning for more. They move with purpose, each step measured and deliberate. Their eyes, veiled by an air of mystery, hold stories untold and secrets yet to be discovered.

In the captivating world of fashion, these women effortlessly embody grace and mystery. These enigmatic muses, like ethereal creatures, leave a trail of intrigue and fascination wherever they go. Their allure lies not only in their impeccable style but also in the way they carry themselves, leaving us spellbound with their every move.

They invite us to explore the uncharted territories of our own personal style, encouraging us to embrace the magic of mystery and the elegance of grace. In their presence, we are reminded that true beauty lies not in the obvious, but in the enigmatic.

"Sonnet 18"

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date;
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st;
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st:
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

— **William Shakespeare**

JIS JAHAN INTERNATIONAL SCHOOL
PG-A'LEVEL DAY CARE PRE-SCHOOL HIFZUL QURAN
BRITISH COUNCIL CAMBRIDGE edexcel Pearson 01713-388819

#COVER STORY

Somewhere I have never travelled, gladly beyond

Somewhere I have never travelled, gladly beyond
any experience, your eyes have their silence:
in your most frail gesture are things which enclose me,
or which I cannot touch because they are too near
Your slightest look easily will unclose me
though I have closed myself as fingers,
you open always petal by petal myself as Spring opens
(touching skillfully, mysteriously) her first rose
Or if your wish be to close me, I and
my life will shut very beautifully, suddenly,
as when the heart of this flower imagines
the snow carefully everywhere descending
— ***E E Cummings***

Photo: Sazzad Ibne Sayed
Model: Runa Khan
Styling: Sonia Yeasmin Isha
MUA: Probina, Onna
Wardrobe: MUKTA by Faria Mehmood
Location: Durjoy Bangladesh Foundation
Special Thanks to Durjoy Rahman

On Love

Love has no other desire but to fulfil itself.
But if you love and must needs have desires, let these be your desires:
To melt and be like a running brook that sings its melody to the night.
To know the pain of too much tenderness.
To be wounded by your own understanding of love;
And to bleed willingly and joyfully.
To wake at dawn with a winged heart and give thanks for another day of loving;
To rest at the noon hour and meditate love's ecstasy;
To return home at eventide with gratitude;
And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips.
— ***Kahlil Gibran***

"A Woman's Answer"

You call me an angel of love and of light,
A being of goodness and heavenly fire,
Sent out from God's kingdom to guide you aright,
In paths where your spirit may mount and aspire,
You say that I glow like a star on its course,
Like a ray from the altar, a spark from the source.
Now list to my answer—let all the world hear it,
I speak unafraid what I know to be true—
A pure, faithful love is the creative spirit
Which make women angels! I live but in you.
We are bound soul to soul by life's holiest laws
— ***Ella Wheeler Wilcox***

#PERSPECTIVE

Building resilience: Strategies for overcoming adversity

Our life as humans on planet Earth is filled with challenges and adversities. No matter how small or big, setbacks are part and parcel of life. Hence, it is essential to not fall apart after life throws lemons at us. In order to rebound, we all require an incredible quality named resilience. Below, we discuss resilience and how you can build this excellent quality in your personality.

What is resilience?

Resilience is the ability to adapt well in the face of adversity, struggle, trauma, tragedy, and significant sources of stress. Resilience helps you better deal with challenges and navigate life more easily, although it does not solve all problems or eliminate adversities.

Steps to build resilience

Foster connections

Friends, family members, and loved ones can provide immense support and kindness during your moments of vulnerability. Maintain good relationships with people close to you and seek them out for support and guidance. Seek friendship with people who are kind, empathetic, understanding, and compassionate. In order to find like-minded people, join volunteer organisations and support groups online and in person.

Prioritise self-care

Self-care is crucial but often overlooked. Self-care is not limited to junk food cheat days, scented candles, and bubble baths. Self-care should include having a nutrition-dense balanced diet, moderate physical activity, and ample amounts of regular sleep. Indulge in your hobbies and interests, practice stress management, and try to avoid procrastination to avoid excessive stress and anxiety in the near future. Doing regular chores on time and not letting things pile up goes a long way to improving your mental and physical health, even if it does not come with an instant dopamine reward.

Practice mindfulness

When stressed and overwhelmed, people tend to regret and reflect on things of the past and worry about things that may go wrong in the future. Past cannot be changed and the future is uncertain, but we can control the present and that is the focus of mindfulness. Practising mindfulness brings us more and more into the present, and it offers techniques for dealing with negative emotions when they arise. That way, instead of getting carried away into fear, anger, or despair, we can work through them more deliberately. Daily meditation, prayers, breathing exercises, and mindful journaling can calm our nerves and improve our focus.

Two popular mindfulness practices are mindful breathing and raising meditation. In mindful breathing, bring attention to the physical sensations of breathing — air entering the nostrils, the expansion of the chest, and the movement of the stomach. Raising meditation involves focusing all your attention on raisins or any other food you are consuming. Pay attention to its aroma, texture look, mouth feel, and taste. Consume slowly and mindfully, while revelling in its characteristics. These exercises, when practiced every day can help you be calmer and focused on the future.

Be kind and empathetic to yourself

Many of us are our harshest critics. Fears and adversities make us feel lonely and we tend to blame ourselves for our sufferings. However, the truth is many of us feel similar emotions of stress, anxiety, hopelessness and despair, our triggers that lead us to such emotions are different.

In such circumstances, it is important to remind ourselves that everyone suffers and to be compassionate to ourselves. Self-compassion includes confronting our own suffering with warmth, and kindness without harsh judgements. One way to practice self-compassion is to compare your response to your own struggles with that of your friend or loved one's struggles. Often this will unearth that we might have been a little too harsh with ourselves.

Remain hopeful and optimistic

Life can wear you down at times and in those moments, it becomes hard to hold onto hope. But even then, it is crucial to have hope and work towards that hope. Trying to remain optimistic, and working to find the silver lining in things will make you better equipped at handling problems.

Be proactive towards your goals

While it is helpful to acknowledge and accept dire situations and the emotions it brings about, it is also important to develop realistic goals and work for them. Set realistic expectations and goals which are achievable and smart. Break down large tasks into smaller actional steps. Try to do at least one thing, and take at least one step towards your goal(s) to generate a sense of fulfilment and accomplishment every day. These emotions go a long way to help you heal.

Don't be afraid to seek professional help if and when needed

Our society attaches a lot of stigmas surrounding mental health and accessing resources to better our health mentally. Rising above it is a battle in itself, but it is important to remind ourselves that our mental health deserves just as much attention as our physical health. A licensed mental health professional can help develop a strategy to navigate your life, trauma, and emotional wounds. Remember, that not all therapists are going to be a good fit so it is absolutely okay to shop around to find someone with whom you can open up comfortably.

By Maliha Arosha Hasan
Photo: Collected

#GUIDES

How you can tackle body odour this summer

With the heat and humidity rising every day, there are days when we often end up spraying ourselves with ample amounts of body sprays or colognes, as a quick fix for body odour. Little do we realise how much it worsens the situation. Here are some quick and easy steps to curb the sweat and stench this summer.

Using roll-ons

Instead of dousing yourself in perfumes or deodorants, you can choose antiperspirants i.e. roll-ons which are made of aluminium-based compounds. These temporarily block sweat pores, thus reducing the amount of sweat that reaches your skin.

Prickly heat powder

Many of us experience rashes from being exposed to severe heat. Instead of alcohol-based perfumes, choose prickly heat powders which give off a cooling sensation and provide relief from the heat. Prickly heat powders also kill germs that might cause skin problems and also protect your body from heat-induced bacterial infections. The best part is it absorbs the sweat while emitting a pleasant smell.

Skin-friendly clothing

Ditch materials like silk or cord and opt for comfy fabrics such as cotton and linen. In case you are working out, choose synthetic fabrics developed to keep the moisture away from your skin.

Changing your diet

Try to bring your caffeine and spicy food intake to a minimum in this scorcher. Beverages like tea and coffee or foods like onions, garlic, cabbage, broccoli, cauliflower, and red meat may increase your sweating and body odour that's stronger than usual. Among other things that contribute to sweat and stench are monosodium glutamate (MSG), curry spice, cumin, as well as hot sauce.

By Rubab Nayeem Khan

#GUIDES

Strategies for clear and impactful messaging

We live in an era of communication and transparency. While being able to convey your message properly has and will always be a challenge, there are several guidelines and strategies you can use to make your messages clearer and effective, thereby increasing the impact it will have on your readers.

Here are a few of them.

Speak the language of your audience

First things first, you need to identify your target audience. For your message to be effective, you will need to assess the group of people you will be conveying the message to. You will need to factor in their opinion about your topic or if they are at all interested, you will need to consider their age, occupation, skills, and education.

A more informal tone may be a hit among the younger generation but will not sit well with the older generation and they might go as far as to find your message disrespectful. The best way to go about things is to keep it short and simple and barring the case of highly specific messages, keep the language on a level that is digestible by all.

Speaking of short and simple. Avoid using fancy words or technological terms and industry jargon because then the message might just go over peoples' heads.

Be concise

Concision refers to the ability to express your ideas using as few words as possible. Using way more words than required is a very prevalent mistake while communicating where by saying too much, we end up saying nothing at all.

We run the risk of allowing our core message to be lost among unnecessary

words so the less we use, the clearer our message.

Besides, social media is making our attention spans shorter by the day so you will need to assume that about your listeners as well. Rest assured that your listeners will appreciate a concise message as not only is it easy to grasp, but also shows how confident you are with your message and also the level of respect you have for their time.

Rely on verbs over adjectives/adverbs

Referring back to the point of being concise, a sentence that is cluttered with too many adjectives and adverbs can move the focus away from the key takeaways of your message and make the reader lose track. Sure, they can be effective in making the message more appealing but over-using them can cost you dearly. The key to an impactful message is a strong verb which will be its centrepiece so pick one that will resonate with your reader.

Have a clear content strategy for each platform

A very crucial factor to keep in mind while forming your message is the availability of different platforms that will spread it to the world. You will need to formulate strategies for each individual platform. This is not a case of one size fits all. What works well on Facebook will not work on YouTube, what works on YouTube will not work on TikTok, and so on. There are variations in the user base and the way we use these platforms are very different as well. Of course, the core message will be built around the same points but you will need to make tweaks and adjustments so that they can have the same level of impact on different social media platforms.

Make sure your message covers all the bases of appeals

The three bases you need to be mindful of are Ethos, Logos, and Pathos. Ethos refers to your ability to stand out as a credible and trustworthy source to the audience. Someone who indeed has superior knowledge about the subject and can create a genuine difference. Logos focuses on logic so always ensure that there are facts, numbers, or examples to support your message. Pathos appeals to the emotions of the audience and will ensure that they get behind your cause.

Do test runs

Before sending your message out to the world or the target audience, try running small-scale tests to see what the initial responses are like. The feedback from these test runs will go a long way as they can help you make tweaks and adjustments that will help the message sit with your desired audience. This will also allow you to revise and get a fresher perspective which will make your message extremely impactful.

By Irfan Aziz
Photo: Collected

HOROSCOPE

ARIES
(MAR. 21-APR. 20)

Home improvement projects will go well. Sign up for courses that will boost your confidence. Your ideas will be appreciated. Your lucky day this week will be Monday.

TAURUS
(APR. 21-MAY 21)

Your partner needs extra attention. Leadership roles will suit you. This is not the best time to take a unnecessary risk. Your lucky day this week will be Wednesday.

GEMINI
(MAY 22-JUN. 21)

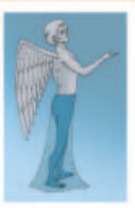
Don't put effort into something you don't believe in. Someone close to you might deceive you. Opportunities will present themselves. Your lucky day this week will be Wednesday.

CANCER
(JUN. 22-JUL. 22)

Your ability to visualise will help you convince others. Be prepared for empty promises. Offers of joint ventures are likely. Your lucky day this week will be Thursday.

LEO
(JUL. 23-AUG. 22)

Romance can arise from fitness programs. Someone close to you will cause problems. Residential moves will be favourable. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Get involved in competitive sports. Friends will appreciate your attention. Keep your promises. Your lucky day this week will be Saturday.

LIBRA
(SEP. 24-OCT. 23)

Help children with their projects. Sort out any pending work. Avoid people who already have a relationship. Your lucky day this week will be Thursday.

SCORPIO
(OCT. 24-NOV. 21)

Travel will promote romantic connections. Pull your own weight in a group. Socialising will bring attention to you. Your lucky day this week will be Thursday.

SAGITTARIUS
(NOV. 22-DEC. 21)

Visit a loved one if they are sick. Difficulties with peers will be unnerving. Make sure to pay your bills on time. Your lucky day this week will be Monday.

CAPRICORN
(DEC. 22-JAN. 20)

Present your ideas to the group. Catch up on any work you have left. Your creative input will be appreciated at work. Your lucky day this week will be Wednesday.

AQUARIUS
(JAN. 21-FEB. 19)

Compromise but never give in completely. Avoid hassles by sticking to your work. Don't second guess yourself. Your lucky day this week will be Wednesday.

PISCES
(FEB. 20-MAR. 20)

Don't move on too quickly. Put in the overtime if you wish to succeed. Don't get stuck with other people's problems. Your lucky day this week will be Wednesday.

#FOOD & RECIPES

Food for the recovering meataholic

Eid ul Azha, the festival of sacrifice. It is no surprise that our consumption of meat has been significantly high in the week following the celebrations. After all the gastronomical meat fest, it is time to let your stomach get some rest of its own and recover from the amount of meat that has been consumed. We recommend these seven foods that will help you recover from the meat shenanigans.

Yoghurt
Yoghurt is a great way to start this list as it helps cool down your stomach. The good bacteria in yoghurt can help relieve you greatly and as you can just eat this as a snack or mix it in a smoothie it takes little time and it starts working on repairs fairly quickly. To find the best results with yoghurt, try to buy closer to the production date.

Citrus fruits
Citrus fruits like oranges, mandarins, and grapefruits are packed with Vitamin C and fibre. Consuming a lot of meat sometimes puts stress on the bowels and citrus fruits are a great way to counteract that. Mandarins, especially are the most fibrous out of the lot and have a mild laxative effect. You can have fresh citrus fruits as a snack in between meals or drink them in juice form with the pulp for maximum effect.

Spinach and other greens
Greens like spinach and broccoli are very healthy for you as they are great sources of folates, and vitamins C and K. They are very rich in fibre and really alleviate your abdominal stress from all that meat eating. They are admittedly not the best tasting but you can go around that by sautéing them in some light spices, boiling, and grilling them. Add them to salads or sandwiches and get better gut health!

Legumes
Now you cannot just avoid protein completely.
That would have adverse effects on your gut health. What legumes do is give you that necessary protein that your body requires while also being gut friendly and healthy. Legumes like peas, beans, and lentils are high in soluble and insoluble fibre which promotes good bowel movements and helps alleviate your gut stress as well. You can make delicious soups with these mixed in or even include them in a salad.

Whole grains
Whole grains are a fantastic source of complex carbohydrates and fibre. They are very good at giving your body some long-lasting energy and digestion aid. Since you are trying to cut down on meat, this is a great alternative that will keep your body energised throughout the day. You can experiment with different types of grains such as quinoa and brown rice besides the regular white rice to see what fits your gut best.

Chia seeds
Chia seeds are a godsend when it comes to good digestion. They are one of the most fibre-dense food options out there. Chia seeds are generally mixed with water and then consumed which increases their efficiency tenfold. They absorb all the water and really help to keep your bowels healthy and moving. They are extremely versatile so you can really mix them in any liquid you want to drink. Juices, smoothies, iced teas — chia seeds have your back.

Green tea
Green tea is generally good and is full of antioxidants and flavonoids. It contains little to no caffeine so it barely affects your sleep and is a good way to stay hydrated. The antioxidants really help your gut to maintain its health and can help reduce high blood pressure and 'bad cholesterol' in your body. You can enjoy it hot or cold according to your preferences. So, kick back, relax, and let the green tea work its magic on your body and mind.

By Abdul Warith Khan
Photo: LS Archive/Sazzad Ibne Sayed

Star LIFE Style

VOLUME 23, ISSUE 5, TUESDAY, JULY 4, 2023, *ASHAR 20, 1430 BS*
A publication of The Daily Star
E-mail: lifestyleds@yahoo.com, 64-65 Kazi Nazrul Islam Avenue, Dhaka-1215

Rainy day essentials: 10 must-have items for your Dhaka commute

As we navigate the bustling streets of Dhaka, a city known for its vibrant energy and occasional rainfall, it becomes crucial to equip ourselves with the proper essentials to weather any storm. In this feature, we unveil the 10 indispensable items every commuter should carry in their backpack during a rainy day in Dhaka. From stylish protection to practicality, these essentials ensure that your commute is not only dry but also comfortable and efficient.

Compact umbrella
A sturdy and compact umbrella is an essential companion on rainy days in Dhaka. Look for an umbrella that combines durability with portability, allowing it to fit effortlessly into your backpack. Choose a design that adds a touch of elegance to your ensemble, ensuring you remain fashionable while staying dry.

Waterproof backpack
Investing in a waterproof backpack is a game-changer regarding rainy day commutes. Opt for a sleek and functional design that keeps your belongings safe from the elements and adds a dash of style to your overall look. Choose one with multiple compartments to keep your essentials organised and easily accessible.

Raincoat or waterproof jacket
A raincoat or waterproof jacket is a must-have when braving the Dhaka rain. Choose a lightweight, breathable material that offers both water resistance and style. Look for a design that complements your aesthetic while protecting against the elements.

Water-resistant footwear
Wet and muddy streets demand the right footwear. Select water-resistant shoes or boots that provide excellent traction to navigate the slippery roads. Look for a design that seamlessly blends fashion and function, ensuring you can arrive at your destination in comfort and style.

Portable shoe covers
Portable shoe covers are a saviour for those who prefer to preserve their stylish footwear. These handy accessories slip over your shoes, protecting them from getting wet and dirty. Invest in a compact, lightweight pair that can easily be stowed away when not used.

Waterproof electronics case
To protect your electronic devices from water damage during your commute, consider investing in a waterproof electronics case. This essential accessory ensures that your phone, tablet, or e-reader remains safe and dry, allowing you to stay connected and entertained throughout your journey.

Microfibre towel
A microfiber towel is a versatile and compact item that should not be overlooked. This highly absorbent material dries quickly and takes up minimal space in your backpack. Whether you need to dry off after an unexpected downpour or wipe away excess moisture, a microfibre towel is an indispensable companion.

Plastic ziplock bags
Plastic ziplock bags are invaluable for keeping your essentials dry and organised. Use them to store important documents, spare clothes, or even snacks. These versatile bags provide an added layer of protection against water, ensuring your belongings remain safe and dry throughout your commute.

Reusable water bottle
Staying hydrated is essential, even on rainy days. Opt for a durable, leak-proof, reusable water bottle that fits snugly in your backpack. Look for features like insulation to keep your beverage at the desired temperature, ensuring you have a refreshing drink on hand throughout the day.

Travel-sized toiletries
To freshen up after a rainy commute, pack a small kit of travel-sized toiletries. Include items such as hand sanitiser, wet wipes, a comb, and a travel-sized umbrella or folding brush. These compact essentials will help you maintain a polished appearance even after navigating the rain-soaked streets of Dhaka.

Equipped with these 10 essential items, your rainy-day commute in Dhaka will become a breeze. Each item ensures comfort, style, and convenience, from the protection of a compact umbrella to the organisation of plastic zip lock bags. Remember, a well-prepared backpack is the key to conquering the unpredictable weather of Dhaka with grace.

So, before you start your rainy-day commute, properly prepare your rucksack with these necessary essentials. Accept the rain, knowing that you are totally prepared to confront any obstacle that comes your way. You can traverse Dhaka's lively streets with the correct gear without sacrificing your style or well-being.

By K Tanzeel Zaman
Photo: LS Archive/Sazzad Ibne Sayed